

Signposting

In this section you will find a selection of leaflets and a list of useful telephone numbers and organisations. If you haven't already been allocated a social worker, then you will find a list of all the local area contact numbers for Adult Social Services. Where possible we have given a local telephone number but the contact centre should provide you with local information.

<p>HEADWAY UK</p> <p>The charity that works to improve life after brain injury. Provides information, support and services to people affected by brain injury, their family and carers.</p> <p>www.headway.org.uk Email: enquiries@headway.org.uk Tel. 0808 8002244</p>	<p>UK CARE HOMES</p> <p>Find a suitable Care Home and supported living accommodation.</p> <p>www.carehome.co.uk</p>
<p>SAMARITANS</p> <p>Confidential support for anyone in crisis – www.samaritans.org Tel 0845 90 90 90. Local number will be on the website or in the telephone directory</p>	<p>CITIZENS ADVICE BUREAU</p> <p>The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. To find the number of your local office call 08444 111 444</p>
<p>IMPACT – INITIATIVES</p> <p>Advocacy advocacy@impact-initiatives.org.uk Tel. 01903 730044</p> <p>Support with returning to work workability@impact-initiatives.org.uk Enquiries www.impact-initiatives.org.uk email: info@impact-initiatives.org.uk</p>	<p>P.A.L.S. (Patient Advice and Liaison Services) Crawley, Horsham, Mid. Sussex and surrounding areas 01293 600300 ext 3965 ws-pct.nwscapals@nhs.net Rest of Sussex 01903 505456 – same email for general contacts. FOR COMPLAINTS 01903 708557/708057 spctc.complaintswestsussex@nhs.net</p>
<p>S.A.B.I.F. (Sussex Acquired Brain Injury Forum) Service Directory www.sabif.org</p> <p>DisabledGo Provider of access information for disabled people in the UK, featuring over 120,000 places of interest. Every single venue featured has been visited in person by a specialist surveyor. www.disabledgo.com Email: enquiries@disabledgo.com Tel: 0845 2704627</p>	<p>Headway UK Approved Provider Scheme</p> <p>Find an approved provider who has meet Headway UK standards.</p> <p>www.headway.org.uk/approved-provider-scheme.aspx Tel: 0808 800 2244</p>



Signposting

<p>THE CHILDRENS TRUST</p> <p>National charity, which runs the UKs largest rehabilitation centre for children and young people with ABI. They also provide community based support to children and families around the country and run the Brain Injury Hub: www.braininjuryhub.co.uk - a website offering information, practical advice and a discussion forum to parents and other family member.</p> <p>The Childrens Trust, Tadworth Court, Tadworth, Surrey. KT20 5RU</p> <p>Tel. 01737 36500</p> <p>Email: enquiries@thechildrenstrust.org.uk</p>	<p>DIFFERENT STROKES</p> <p>Charity for young stroke survivors aiming to provide access to exercise, physio, information and counselling.</p> <p>Helpline 0845 130 7172</p> <p>www.differentstrokes.co.uk</p> <p>Email: info@differentstrokes.co.uk</p>
<p>BEHIND THE GREY</p> <p>www.behindthegrey.net - an online support community for those whose lives have been affected by a subarachnoid haemorrhage or stroke.</p>	<p>NHS MEDICAL RECORDS</p> <p>You may want to access your medical records – for information on how to go about this go to www.nhsmedicalrecords.org.uk</p>
<p>BRAIN TUMOUR UK</p> <p>Brain Tumour UK is working towards a world free of the fear of brain tumours. Delivering breakthrough support, information and research on the path to the cure.</p> <p>0845 4500 386</p> <p>www.braintumour.org.uk</p> <p>Email: enquiries@braintumour.org.uk</p>	<p>BRAIN AND SPINE FOUNDATION</p> <p>Research, education and information, On-line discussion forum. Helpline staffed by neuroscience nurses.</p> <p>Tel: 0207793 5900</p> <p>Fax: 020 7793 5939</p> <p>Helpline: 0808 808 1000</p> <p>www.brainandspine.org.uk</p>
<p>B.I.R.T. The Brain Injury Rehabilitation Trust</p> <p>60, Queen Street, Normanton, Wakefield. WF6 2BU</p> <p>Tel: 01924 896 100</p> <p>www.birt.co.uk</p>	<p>Trust Ed</p> <p>Provide educational services for young people with acquired brain injuries</p> <p>www.trust-ed.org</p>
<p>Brain Tree Training</p> <p>Produce home-based cognitive rehabilitation courses for those with acquired neurological injuries.</p> <p>Tel: 01276472 369</p> <p>www.braintreetraining.co.uk</p> <p>Email: enquiries@braintreetraining.co.uk</p>	<p>Connect</p> <p>Connect is a charity for people living with aphasia, a communication disability which usually occurs after stroke.</p> <p>For general enquiries (Head office):</p> <p>Tel: 020 7367 0840</p> <p>Email: info@ukconnect.org</p>

All details are correct at the time of printing; you can inform us of any changes using the contact details in the Introduction section of this pack - Thank you.



Headway West Sussex is affiliated to Headway UK The Brain Injury Association
Helpline: 0808 800 2244

Headway West Sussex www.headwaywestsussex.org.uk

Signposting

Requesting Social Care Support

You may be allocated a social worker at the hospital, if not you can request support via the contact details below:

Email: socialcare@westsussex.gov.uk Please include the area in which you live and a phone number if the matter is urgent.

Or you can write, visit or phone through the offices listed below.

You may also prefer someone - such as a friend or your GP - to make contact for you.

Please note that all calls to any of the office phone numbers below are first handled by the Contact Centre.

<p>BOGNOR REGIS Durban House Durban Road Bognor Regis PO22 9RE Phone: 01243 642400 Fax: 01243 642437</p>	<p>CHICHESTER 1a East Row Chichester PO19 1PD Phone: 01243 752999 Fax: 01243 752644</p>	<p>CRAWLEY 3rd Floor Crawley Library Southgate Avenue Crawley RH10 6HG Phone: 01293 895100 Fax: 01293 895114</p>
<p>HORSHAM County Hall North Chart Way Horsham RH12 1XH Phone: 01243 642555 Fax: 01403 213125</p>	<p>SHOREHAM Glebelands Middle Road Shoreham BN43 6GA Phone: 01273 268800 Fax: 01273 268801</p>	<p>WORTHING Centenary House Durrington Lane Worthing BN13 2QB Phone: 01903 839100 Fax: 01903 839248</p>

Emergencies

Helpline for social care emergencies out of office hours.

Phone: **01903 694422** weekdays between 5.00pm and 8.00am.

The helpline covers weekends and bank holidays 24 hours a day.



Headway West Sussex is affiliated to Headway UK The Brain Injury Association
Helpline: 0808 800 2244

Headway West Sussex www.headwaywestsussex.org.uk